

IN THE CLAIMS:

1. (Currently Amended) An incremental weight system adapted for use in weight training, comprising:

a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein the plurality of incremental weights includes an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight, and each incremental weight comprises a thin disk having a center opening adapted to receive a standard barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

2. (Original) The incremental weight system of claim 1 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

3. (Original) The incremental weight system of claim 2 further comprising at least one quarter-ounce weight.

4. (Currently Amended) An incremental weight training apparatus, comprising:

a standard barbell;

a set of standard free weights; and,

a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein the plurality of incremental weights includes an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight, and each incremental weight comprises a thin disk having a center opening adapted to

receive the standard barbell and a slot extending from the center opening to the perimeter of the disk.

5. (Original) The incremental weight training apparatus of claim 4 wherein the plurality of incremental weights comprises at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

6. (Original) The incremental weight training apparatus of claim 5 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

7. (Original) The incremental weight training apparatus of claim 4 wherein the slot is adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

8. (Currently Amended) An incremental weight training apparatus, comprising:

a cable-type weight training apparatus; and,

a plurality of incremental weights ranging in weight from about one quarter-ounce to about thirty two-ounces, wherein the plurality of incremental weights includes an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight, and each incremental weight comprises a thin disk having a center opening and a slot extending from the center opening, the slot being adapted to receive a weight-bearing cable of the cable-type weight training apparatus.

9. (Original) The incremental weight training apparatus of claim 8 wherein the plurality of incremental weights comprises at least one half-ounce weight,

at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

10. (Original) The incremental weight training apparatus of claim 9 wherein the plurality of incremental weights further comprises at least one quarter-ounce weight.

11. (Previously presented) The incremental weight training apparatus of claim 8 wherein the center opening is adapted to receive a standard barbell.

12. (Previously presented) An incremental weight adapted for use with both a standard barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one quarter-ounce.

13. (Previously presented) An incremental weight adapted for use with both a standard barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one half-ounce.

14. (Previously presented) An incremental weight adapted for use with both a standard barbell and a cable-type weight training apparatus, the incremental weight having a weight of about one-ounce.

15. (Currently Amended) A method of incrementally increasing a person's strength by incremental weight training, the method comprising the steps of:

selecting a starting resistance;

executing a weight training exercise at the starting resistance;

selecting at least one incremental weight from a plurality of incremental weights, ~~the plurality of incremental weights ranging in weight from about one~~

quarter-ounce to about thirty two-ounces; including an incremental weight selected from the group consisting of a one quarter-ounce weight, a one half-ounce weight, a one-ounce weight, and a two-ounce weight;

adding the at least one incremental weight to the starting resistance to provide an incrementally increased resistance, the incrementally increased resistance being increased in increments of less than about five-ounces; and,

executing the weight training exercise at the incrementally increased resistance during a subsequent workout,

to consistently achieve small incremental gains in strength without causing injury and/or failure.

16. (Original) The method of claim 15 wherein the incremental weights comprise at least one half-ounce weight, at least one one-ounce weight, at least one two-ounce weight, at least one four-ounce weight, at least one eight-ounce weight, at least one sixteen-ounce weight, and at least one thirty two-ounce weight.

17. (Previously presented) The method of claim 16 wherein the incremental weights further comprise at least one quarter-ounce weight.

18. (Previously presented) The method of claim 15 wherein the incremental weights comprise a thin disk having a center opening adapted to receive a standard barbell and a slot adapted to receive a weight-bearing cable of a cable-type weight training apparatus.

19. (Previously presented) The method of claim 15 wherein the starting resistance comprises a standard barbell and standard matched free weights.

20. (Original) The method of claim 15 wherein the starting resistance comprises a weight resistance selected from a cable-type weight training apparatus.